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ABSTRACT

During the years 1991-1995, through planning efforts in local communities, a successful model has been created for the implementation of the Colorado Comprehensive Health Education Act (1990). Three key components of the Colorado model are: (1) the establishment of local health advisory committees; (2) the administration of local needs assessments; and (3) the design of local strategies and resources. The role of state agencies and organization is to support the local use of programs in policy, advocacy, awareness, training, and evaluation needs. Twenty-six local school communities involved in these initiatives were funded as pilot programs to plan or enhance their comprehensive health education efforts. The focus was to link them with the other components of their comprehensive school health programs. Project results demonstrated that this community-based "comprehensive" approach, connecting all components of the program and all grades, with students and staff within the school, and with parents and community resources made a difference not only in health related issues but also school performance and attendance. The Colorado model is described, along with programs in 20 schools. (ND)

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Colorado Comprehensive Health Education Act of 1990

CONNECTIONS

1994-95 End of Year Report

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January 1996

1994-95 was an exciting year of connections in the implementation of the *Colorado Comprehensive Health Education Act of 1990.* Interest and support in linking health and education for school-age children and youth spread throughout Colorado. People connected to people, programs connected to services, parents connected to schools, schools connected to community resources, and communities connected to communities across Colorado to join efforts to promote healthy lifestyles and prevent risk behavior for our children and youth. The strengthening of linkages at both the state and local levels was the focus of the 1994-95 Comprehensive Health Education initiative.

A healthy child is ready to learn. Together, through combined efforts and commitment to health and education for our children throughout Colorado, we are building a strong foundation for student success.

William T. Randall
Commissioner of Education
State of Colorado

WTR/KC:bas

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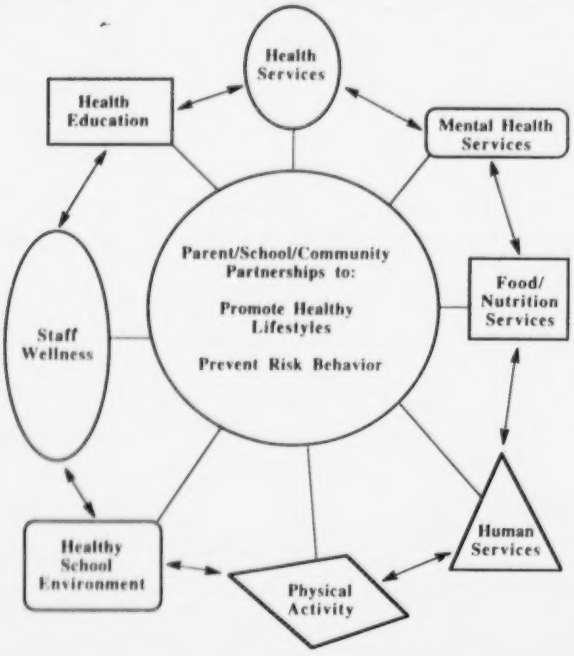
SUMMARY - CONNECTIONS

Working alone, we provide a categorical approach to the prevention of risk behavior. Together, we provide a powerful message which acknowledges that risk behaviors are linked, and require a comprehensive, community-based approach for prevention. Three health and education related state initiatives were connected under the umbrella of Comprehensive School Health Programs during 1994-95: the state Comprehensive Health Education initiative, the Carnegie Middle Grade Reform initiative, and the Robert Wood Johnson School-Based Health Center initiative. All three began to work together at both the state and local levels to provide the most comprehensive, integrated approach for the health and wellness of their students.

Twenty-six local school communities involved in these initiatives were funded as pilot programs to plan or enhance their comprehensive health education efforts. The focus was to link them with the other components of their comprehensive school health programs. Their results demonstrate that this community-based "comprehensive" approach, connecting all components of the program, all grades, with students and staff within the school, and with parents and community resources makes a difference not only in health related issues but also school performance and attendance.

CONNECTIONS
COMPREHENSIVE SCHOOL HEALTH PROGRAMS



BACKGROUND - BUILDING ON THE PAST

The Colorado Comprehensive Health Education Act of 1990
A broad-based coalition of supporters drafted the legislation, including Junior League of Denver, Colorado Medical Society, Colorado School Health Council, Colorado PTA, Colorado School Board Association, Colorado Department of Public Health and Environment, and numerous local school districts and health professionals.

1990-91 "Creating The Model"
A State Advisory Board was formed as a broad-based coalition representative of all areas of a comprehensive program, and the diversity and geography of the state.

- Rules and Guidelines were developed and adopted by the State Board of Education
- Requests for Proposals for planning grants were sent to every school district

FIRST YEAR OF FUNDING

1991-92 "Creating The Model"
- $255,000 funded 23 projects in 20 school districts
- Collaborative Team Training was held for all projects
- Student State Advisory Board was formed/met twice
- State Advisory Board and Student State Advisory Board defined criteria for continuation
- Request for Proposal was sent to funded projects for continuation grants

SECOND YEAR OF FUNDING

1992-93 "Modeling The Creation"
- $167,487 funded 19 school districts to continue their work
- Two state meetings were held to provide professional development and report progress
- Student State Advisory Board met twice to provide recommendations for student involvement
- On-site visits were made to each program

THIRD YEAR OF FUNDING

1993-94 "Modeling The Creation"
- $4,000 available to support professional development in local districts
- One state meeting was held for professional development of local program directors
- One Student State Advisory Board meeting was held

FOURTH YEAR OF FUNDING

1994-95 "Connections"
- $150,000 available for continuation and new pilots
- State Advisory Board met and recommended continuation and expansion to collaborate with the Robert Wood Johnson Initiative and Carnegie Middle Grade Reform Initiative school districts
  - — Thirteen continuation grants
  - — Eight grants to Carnegie Middle Grade Reform schools
  - — Six grants to RWJ Planning districts
- One state meeting was held to orient teams from new programs
- Two Facilitation Trainings were provided for leadership of local Health Advisory Councils
- Student State Advisory Board met once

THE COLORADO MODEL

During the past four years, through the planning efforts in local communities, a successful model has been created for the implementation of the Colorado Comprehensive Health Education Act. Three key components of the Colorado model are 1) the establishment of local health advisory committees, 2) the administration of local needs assessments, and 3) the design of local strategies and resources. The role of state agencies and organizations is to support the local use of programs in policy, advocacy, awareness, training and evaluation needs.

Three themes have emerged as the Comprehensive Health Education initiative has evolved.

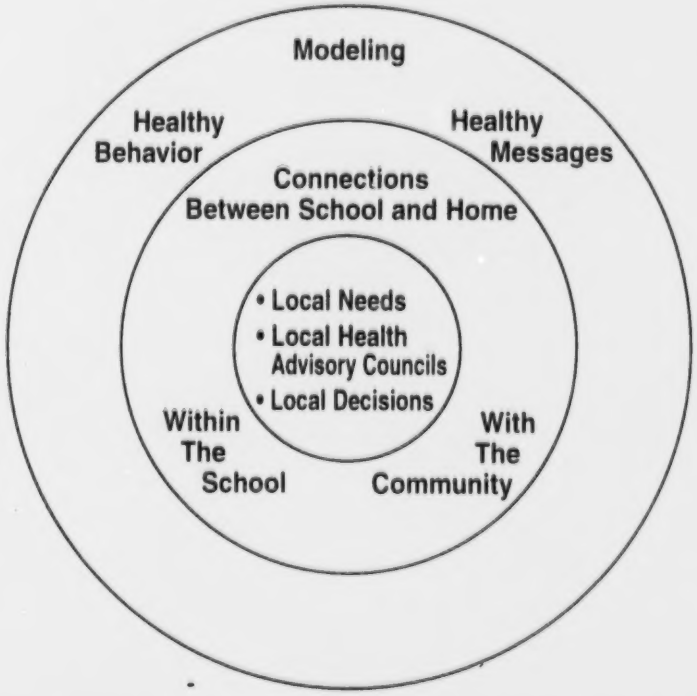
"Creating The Model" was coined during the first year of local planning grants. Upon recommendation from the State Advisory Committee, a state commitment was made to provide one year of planning for every new pilot program in order to establish a local health advisory committee and assess local needs. The successful results of the first year demonstrated the critical need for a strong grassroots program design.

During the second and third years, "Modeling The Creation" was suggested by the local school districts as they moved from planning into the implementation phase of the program. Local leadership also recognized that the program staff and policies must model healthy behavior as well as teach about it.

During the fourth year, "Connections" have strengthened programs as more and more supporters of Comprehensive School Health Programs have stepped forward to work together.

Comprehensive Health Education Act

THE COLORADO MODEL



CONNECTIONS . . .1994-95

Important connections were made at both the local and state levels to further the Comprehensive Health Education initiative.

1994-95 LOCAL CONNECTIONS

Twenty-seven pilot programs were funded to plan or enhance their comprehensive health efforts.

1994-95 Continuation Grant Awards
Comprehensive Health Education Act of 1990

County	School District	CHE	Robert Wood Johnson	Carnegie
Adams	Mapleton School District 1	Mapleton 1		*John Dewey Jr. High* *York Jr. High*
	Adams School District 14			*Adams City Middle*
	Brighton School District 27J			*Overland Trail Middle*
Arapahoe	Aurora School District 28J			*West Middle*
	Cherry Creek School District 5	Cherry Creek 5		
Alamosa	Alamosa School District RE-11J	San Luis BOCS	Alamosa RE-11J -Valleywide	
Denver	Denver School District 1		*Slavens School*	*Gove Middle*
Douglas	Douglas School District RE 1	Douglas RE-1		
El Paso	El Paso School District 11	Irving Jr. High		
Garfield	Roaring Fork School District RE-1	Roaring Fork RE-1	Roaring Fork RE-1	
Jefferson	Jefferson School District R-1		*Jefferson R-1*	*Wheat Ridge Middle*
La Plata	Durango School District 9-R	Durango 9-R		
Larimer	Poudre School District R-1		Poudre R-1	
Pueblo	Pueblo School District 60		*Pueblo 60*	Risley Middle
Routt	Hayden School District RE-1	Hayden RE-1		
Rio Grande	Monte Vista School District C-8	*Monte Vista C-8*		
Summit	Summit School District RE-1	Summit Youth Svcs		
Weld	Weld School District RE-1	Weld RE-1		
	Weld School District RE-3J	Weld RE-3J		
	Weld School District RE-7	Platte Valley RE-7		

Pilot Programs are in Italics

Adams County - Adams City Middle School

Focus: Health Labs for Students and Staff Wellness

Highlights:

- Health Fair and flu shots for students and staff
- Connected community resources to the computer labs; Bon Fils Blood Bank offered mentoring to correlate with the unit on blood in the lab

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Adams - Mapleton School District 1

Focus: Professional Development

COMPREHENSIVE SCHOOL HEALTH PROGRAM
MAPLETON PUBLIC SCHOOLS, ADAMS COUNTY SCHOOL DISTRICT No.-1
Health Education
• Health resources/supplemental materials to Preschool (3-5 years)
• Drug-Free Schools/Comprehensive Health (CDE) funds supplemental materials
• Combined D-FS and Comprehensive Health committees to one
• Review of and focus groups on all health curricula
• Integration of health with all content areas
Health Services
• District nurse and nurse assistant, Nurses' offices focus for health information/ referral/needs/supplemental materials
• Tri-County Health Department nurse visits Teen parent program
• District nurse on CHEC School Health Fairs
• Crisis Intervention Team, Health screening
• National Youth I CARE Hotline
• Child-Find program
Mental Health Services
• Communities In Schools coordinator/student/ family services in three schools
• Student Support groups Health screening for students
• Special needs support and advocacy
• Health/Adams County Social Services
• National Youth I CARE Hotline
• Representatives on CHEC
• Crisis Intervention Team
• Teen parent program
Physical Education
• Student/community/Preschool playground run-a-walk-a-thons as elementary schools—ADA accessibility
• PE at all schools—teachers provide health education
• Represented by CHEC members or CHEC members are
Staff Wellness
• Comprehensive Health IMPACT Training/ other wellness workshops for staff
• Conflict resolution/education for staff
• Employee health survey 1992
• Participation on CHEC
• Health policies for staff
• Staff mentoring students
Parent & Community Involvement
• "Prevention" handbook to parents/staff/students annually
• "Calm In The Eye of The Storm" resource for parents
• Parent/patron involvement through DAAC/SAACS
• Parent/community health surveys 1992
• Wal-Mart funded trees
• "Chess Club"
• "Pigeon Club"
School Nutrition
• Partners with CHEC for National Youth I CARE Hotline Day in Cafeterias
• Member of CHEC school menus
• Information on CHEC to share
• Meet with information networking with Child Nutrition
• CHEC Nutrition
School Environment
• Conflict Resolution/Mediation/Management Training: Staff/Students (As Peers)
• "Teaching Tolerance" and "Substance-Free" curricula/programming
• Maintenance supervisor member of CHEC
• ADA Accessibility—buildings/campuses (all buildings)
• Drug-Free-School Zone
• Teachers training teachers
• Student mentoring by staff
• School/District policies
• School Health Fairs
• "Kids Kits"

CHEC = Comprehensive Health Education Committee

D-FS = Drug-Free Schools/Communities

DAAC = District Advisory Accountability Committee

Highlights:

- Provided staff development for 28 faculty
- Strengthened student assistance programs

Adams County - York Jr. High School

Focus: Student Wellness

Highlights:

- ◆ I Care Hotline
- ◆ Attitude prevention project
- ◆ 5K run for students and families
- ◆ Health Fair in collaboration with 9 NEWS
- ◆ Student awards for achievement and attendance

Alamosa County - San Luis Valley BOCES

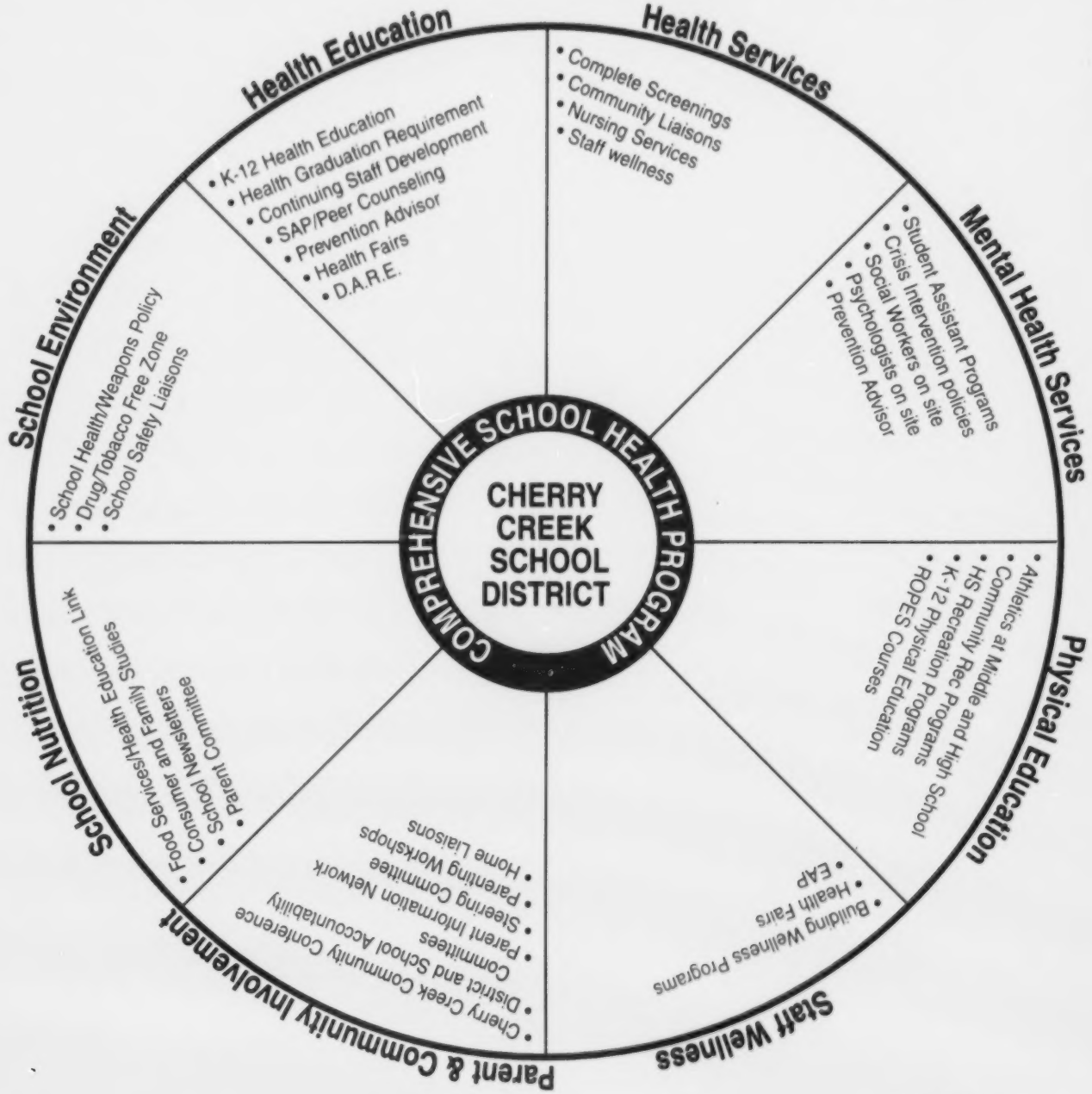
Focus: Parent and Community Involvement

Highlights:

- Provided three school/community Health Circles meetings for 62 participants
- Designed plans to implement K-12 programs in 4 school districts

Arapahoe County - Cherry Creek School District 5

Focus: Health Education Assessments

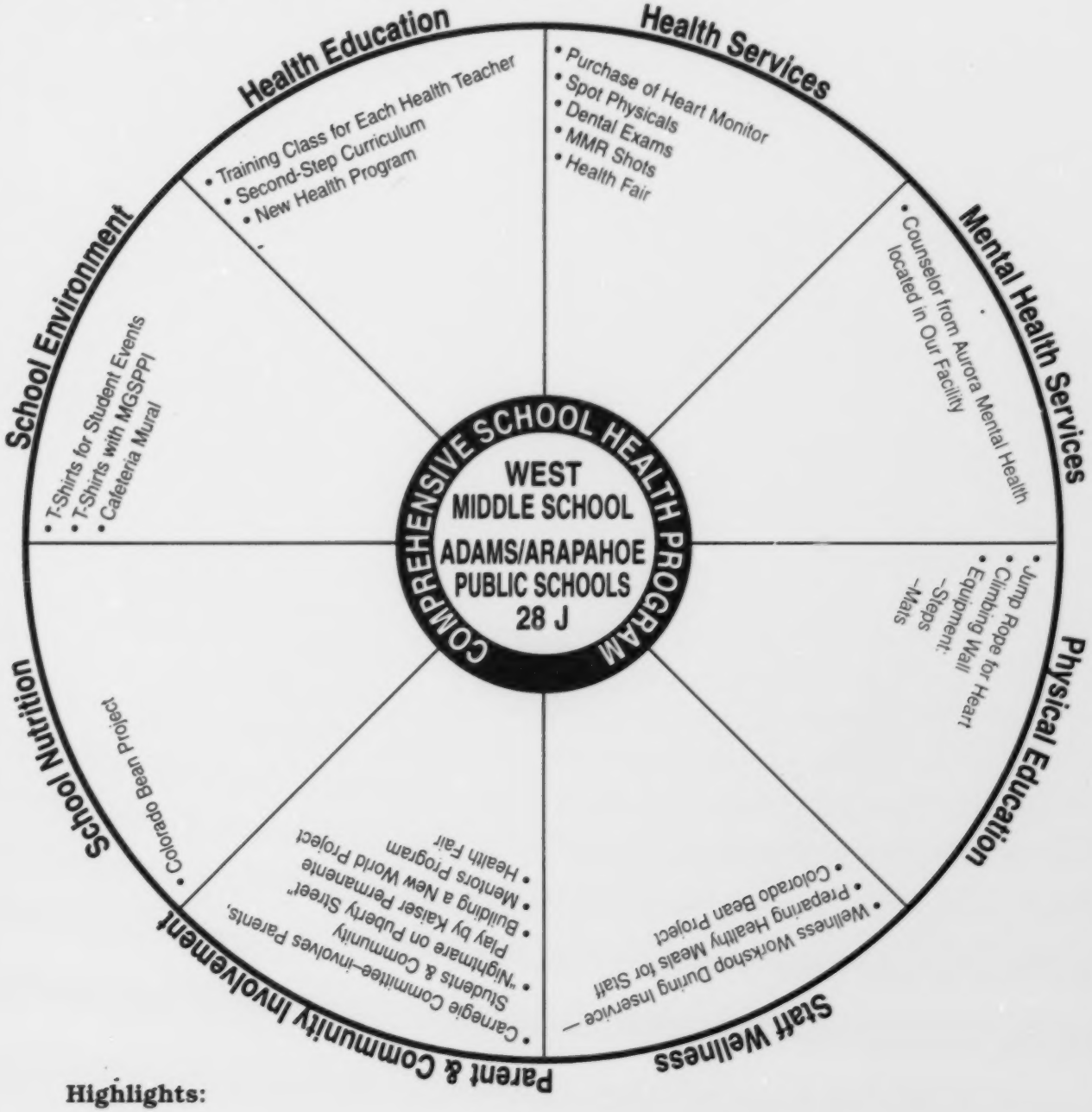


Highlights:

- Participated on national task force to develop health education assessments
- Piloted health education assessments on tobacco-prevention education

Arapahoe County - West Middle School

Focus: Improved learning through better health and fitness

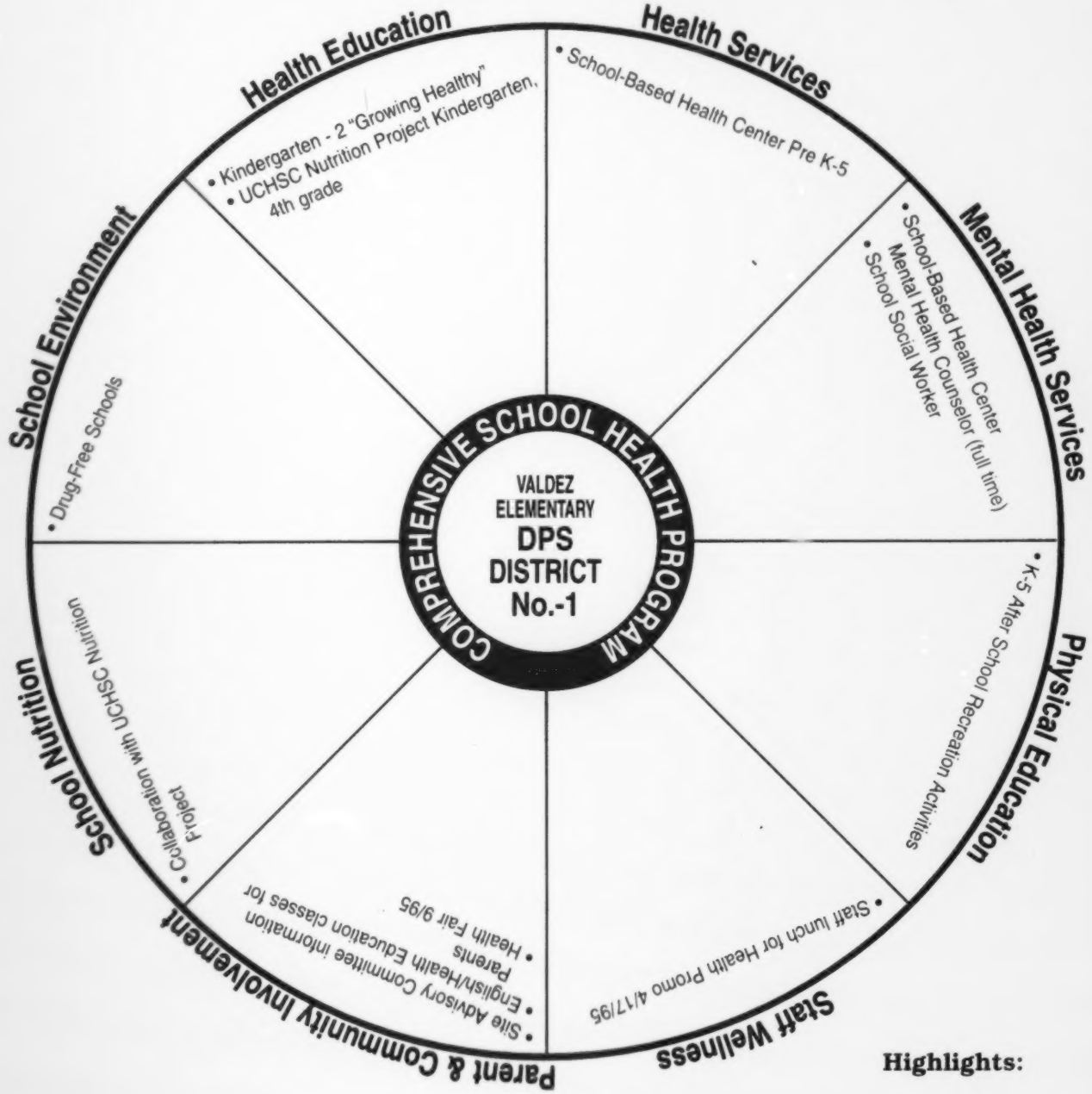


Highlights:

- Second
- Climbing Wall
- Jump Rope for Heart
- A successful Health Fair
- Community Mentoring Program

Denver County - Denver School District 1/Valdez Elementary

Focus: Parent Involvement and Staff Development

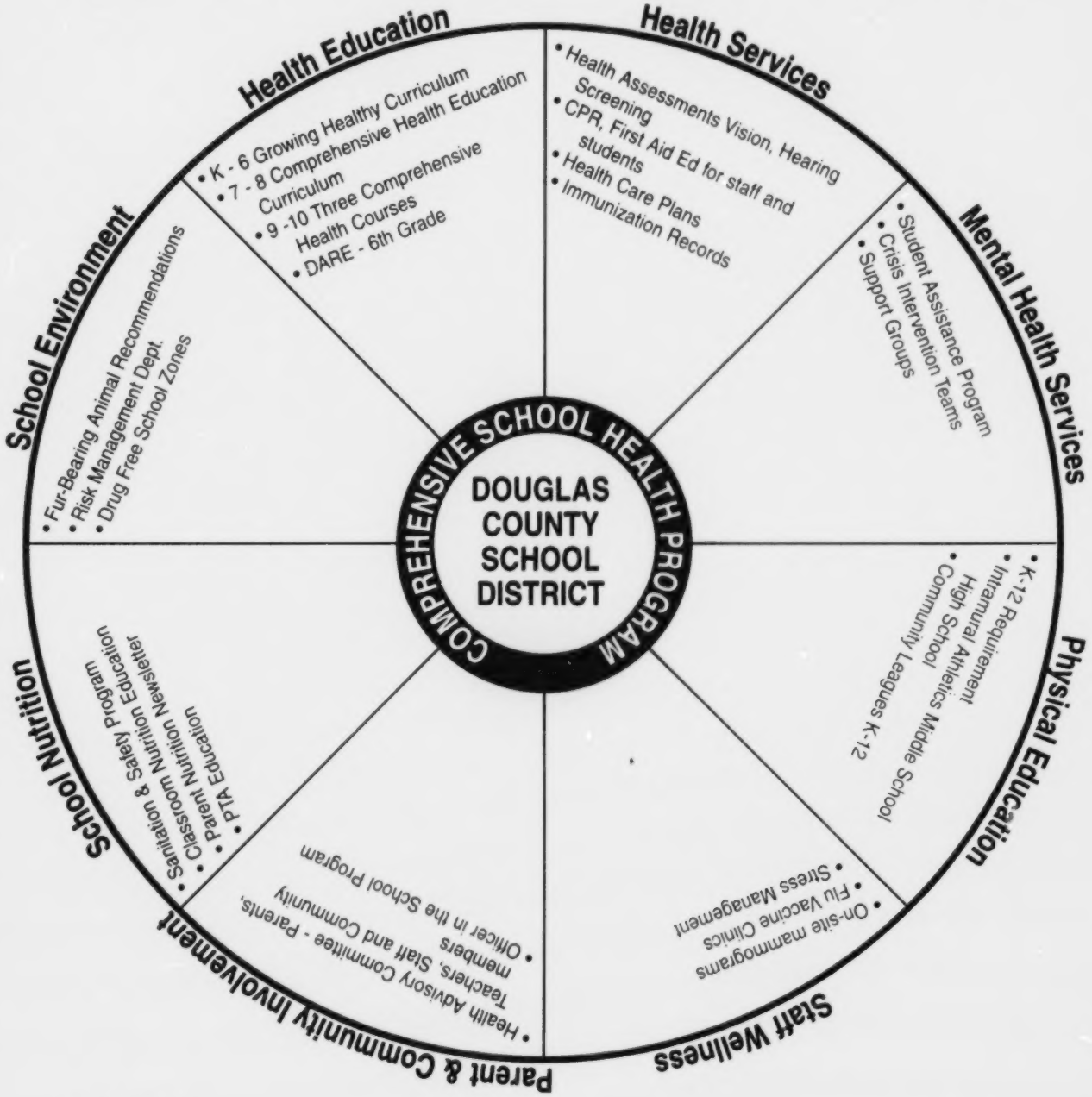

COMPREHENSIVE SCHOOL HEALTH PROGRAM
VALDEZ ELEMENTARY
DPS DISTRICT No.-1
Health Education
• Kindergarten - 2 "Growing Healthy"
• UCHSC Nutrition Project Kindergarten, 4th grade
Health Services
• School-Based Health Center Pre K-5
Mental Health Services
• School-Based Health Center Mental Health Counselor (full time)
• School Social Worker
Physical Education
• K-5 After School Recreation Activities
Staff Wellness
• Staff lunch for Health Promo 4/17/95
Parent & Community Involvement
• Site Advisory Committee information
• English/Health Education classes for Parents
• Health Fair 9/95
School Nutrition
• Collaboration with UCHSC Nutrition Project
School Environment
• Drug-Free Schools

Highlights:

- Bilingual newsletter created for families
- Health education classes offered to parents through English as a second language program
- Staff training and health promotion activities through a health promotion luncheon

Douglas County - Douglas School District RE 1

Focus: Middle School Health Education Materials and Professional Development

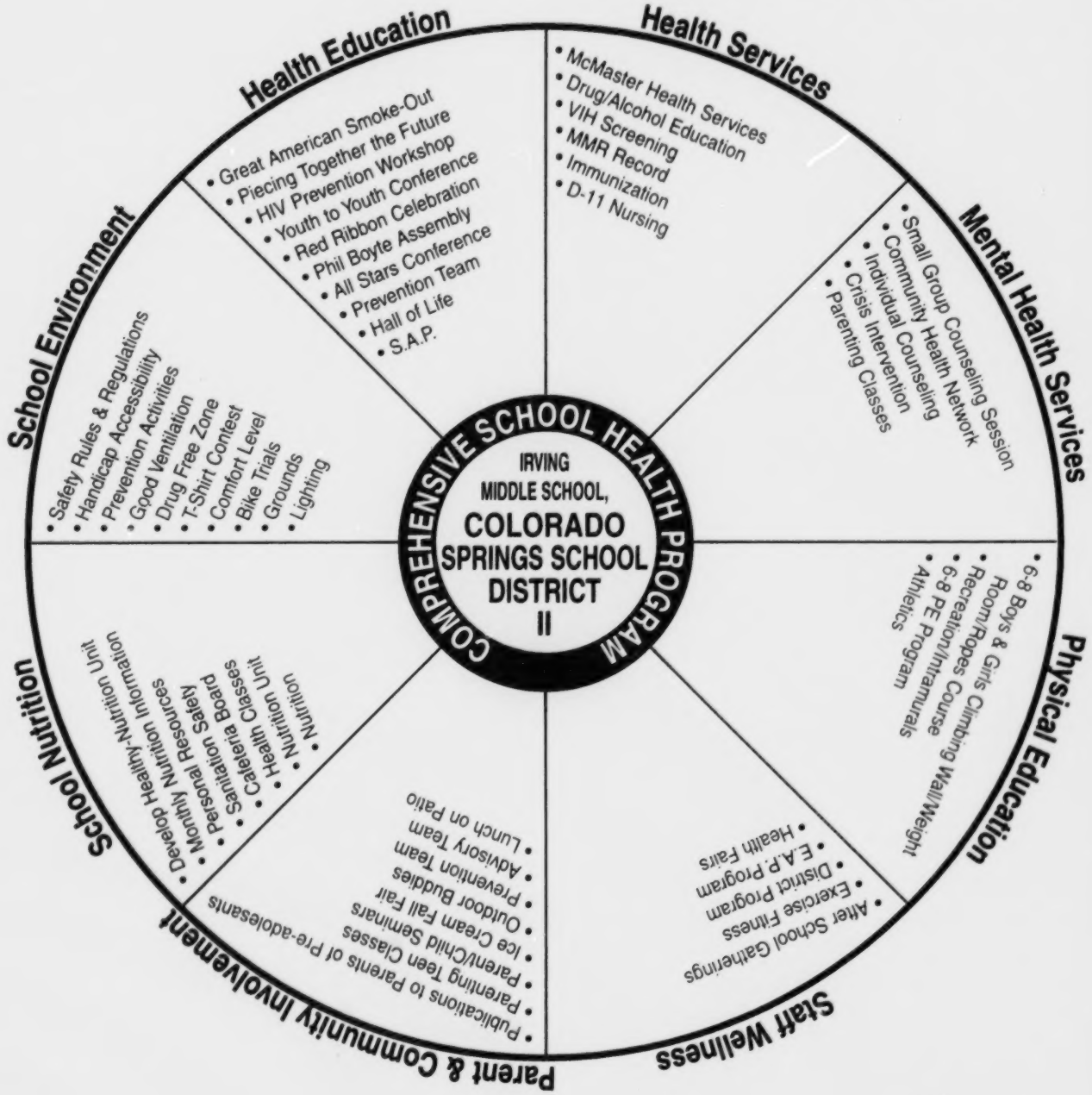

COMPREHENSIVE SCHOOL HEALTH PROGRAM
DOUGLAS COUNTY SCHOOL DISTRICT
Health Education
• K - 6 Growing Healthy Curriculum
• 7 - 8 Comprehensive Health Education Curriculum
• 9 -10 Three Comprehensive Health Courses
• DARE - 6th Grade
Health Services
• Health Assessments Vision, Hearing Screening
• CPR, First Aid Ed for staff and students
• Health Care Plans
• Immunization Records
Mental Health Services
• Student Assistance Program
• Crisis Intervention Teams
• Support Groups
Physical Education
• K-12 Requirement
• Intramural Athletics
High School
Community Leagues K-12
Middle School
Staff Wellness
• On-site mammograms
• Flu Vaccine Clinics
• Stress Management
Parent & Community Involvement
• Health Advisory Committee - Parents, Teachers, Staff and Community members
• Officer in the School Program
School Nutrition
• Sanitation & Safety Program
• Classroom Nutrition Newsletter
• Parent Education
• PTA Education
School Environment
• Fur-Bearing Animal Recommendations
• Risk Management Dept.
• Drug Free School Zones

Highlights:

- Improved coordination of teaching and curriculum in middle grade health education
- Progress made toward a high school recommendation for health education

El Paso County - Washington Irving Middle School

Focus: Prevention of Risk Behavior

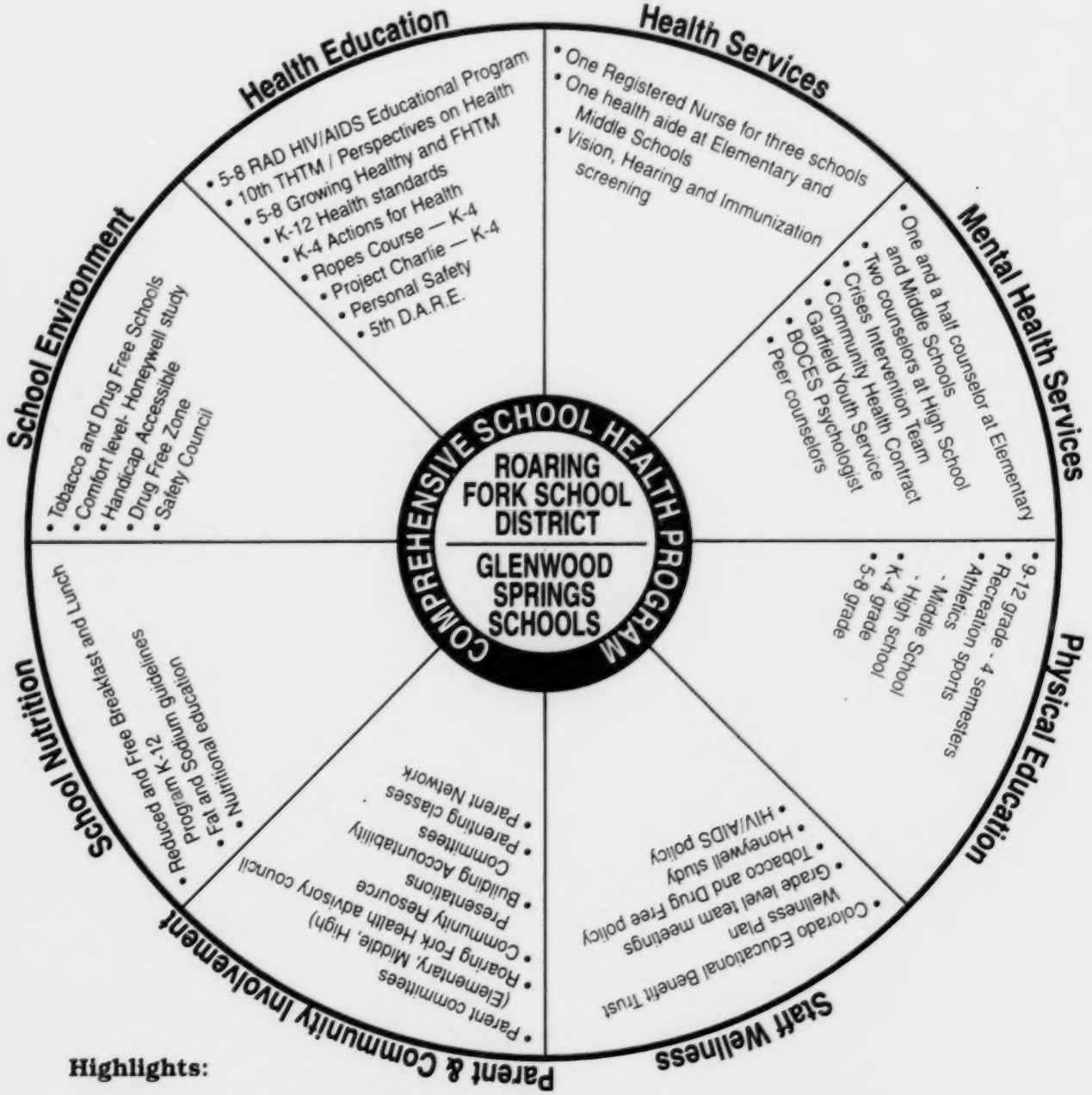


Highlights:

- ◆ Materials to promote drug-free life styles
- ◆ Students wrote and performed a skit entitled "Rumors"
- ◆ "Point of View" media presentation on peer outeractions
- ◆ Keynote speaker Phil Boyte addressed students on self-responsibility

Garfield County - Roaring Fork School District RE-1

Focus: Enhancing the Existing Program


COMPREHENSIVE SCHOOL HEALTH PROGRAM
ROARING FORK SCHOOL DISTRICT
GLENWOOD SPRINGS SCHOOLS
Health Education
• 5-8 RAD HIV/AIDS Educational Program
• 10th THTM / Perspectives on Health
• 5-8 Growing Healthy and FHTM
• K-12 Health standards
• K-4 Actions for Health
• Ropes Course — K-4
• Project Charlie — K-4
• Personal Safety
• 5th D.A.R.E.
Health Services
• One Registered Nurse for three schools
• One health aide at Elementary and Middle Schools
• Vision, Hearing and Immunization screening
Mental Health Services
• One and a half counselor at Elementary and Middle Schools
• Two counselors at High School
• Crises Intervention Team
• Community Health Contract
• Garfield Youth Service
• BOCES Psychologist
• Peer counselors
Physical Education
• 9-12 Grade - 4 semesters
• Recreation sports - Middle School
• K-4 Grade
• 5-8 Grade
Staff Wellness
• Colorado Educational Benefit Trust Wellness Plan
• Grade level team meetings
• Tobacco and Drug Free policy
• Honeywell study
• HIV/AIDS policy
Parent & Community Involvement
• Parent committees (Elementary, Middle, High)
• Roaring Fork Health advisory council
• Community Resource Presentations
• Building Accountability Committees
• Parenting classes
• Parent Network
School Nutrition
• Reduced and Free Breakfast and Lunch Program K-12
• Fat and Sodium guidelines
• Nutritional education
School Environment
• Tobacco and Drug Free Schools
• Comfort level- Honeywell study
• Handicap Accessible
• Drug Free Zone
• Safety Council

Highlights:

- Implemented K-12 health standards district-wide
- High school students designed school-wide projects
- Increase in support and efficiency in teaching required health education in grades K-10th
- Collaboration with school building accountability committees, Basalt Family Resource Center, Garfield Youth Services, Healthy Mountain Communities, Coalition for Families, the Parent Network, Family Visitor Program, Colorado Preschool Project, Lasso Tobacco Colorado and the Valley Partnership for Drug Prevention

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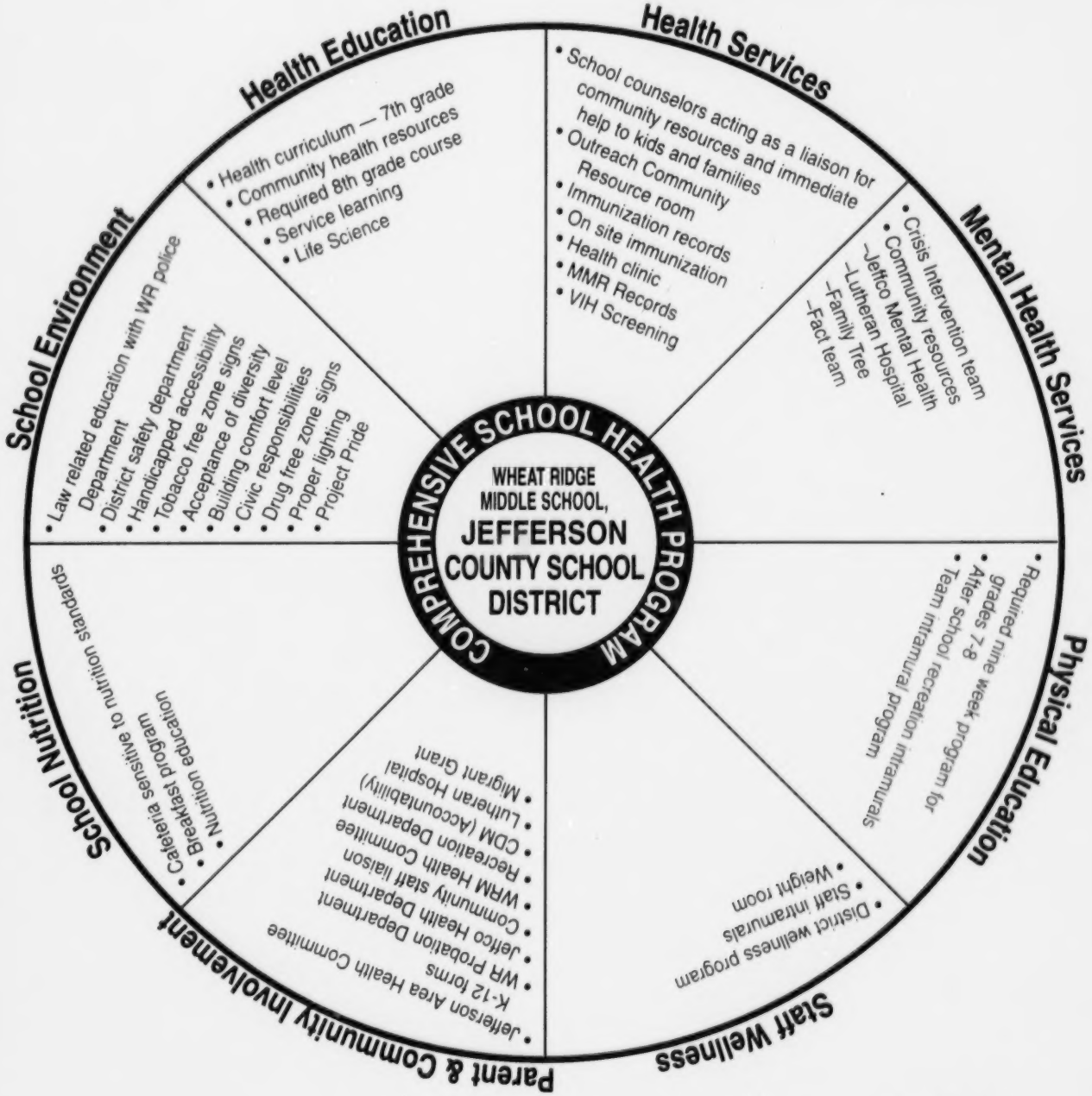
Jefferson County - Wheat Ridge Middle School

Focus: Community Collaboration

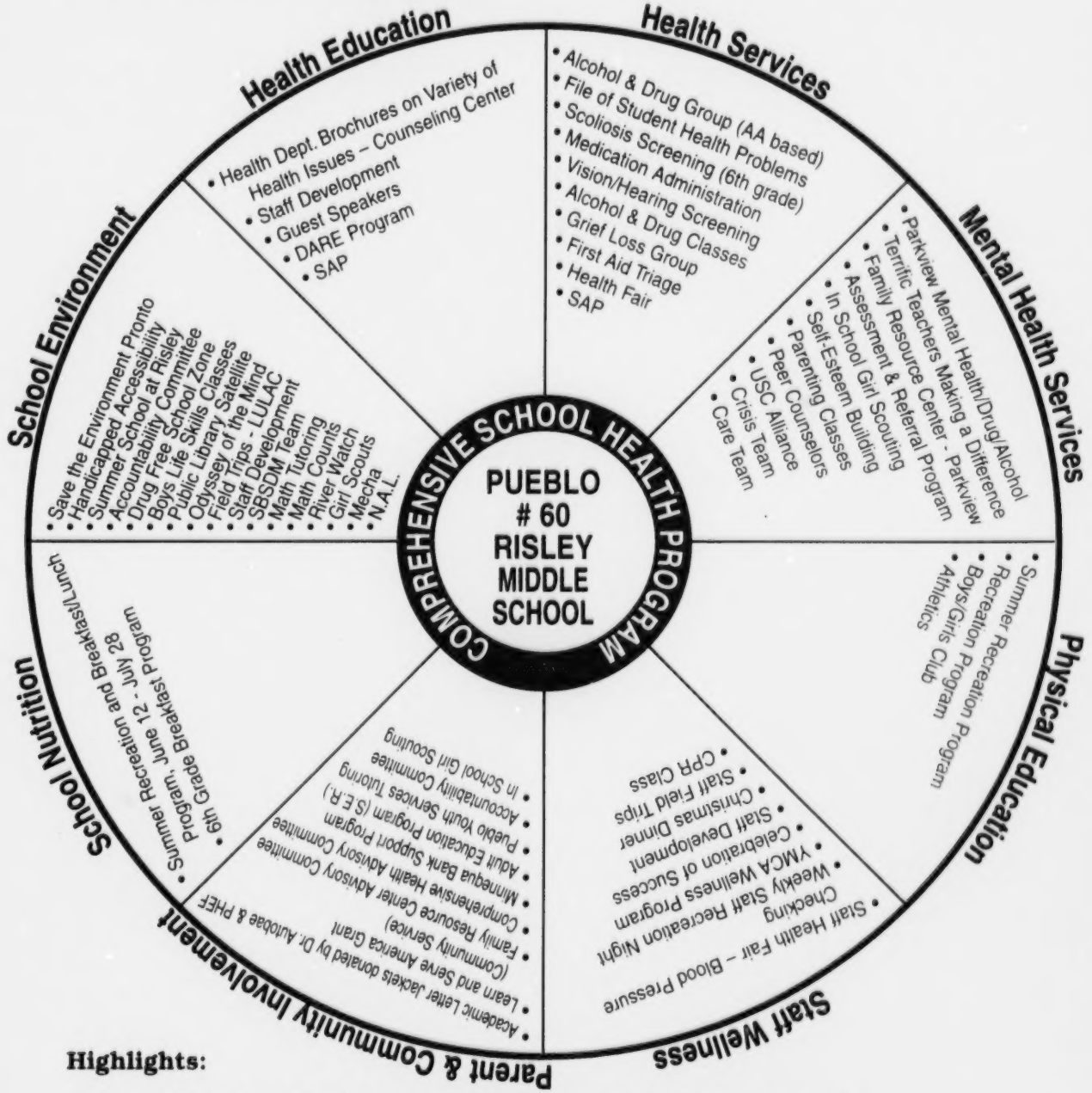


Highlights:

- Local health advisory committee addressed gangs, tagging, graffiti, after school programs
- Community liaison hired and organized community involvement

Pueblo County - James H. Risley Middle School

Focus: Promotion of healthy lifestyles

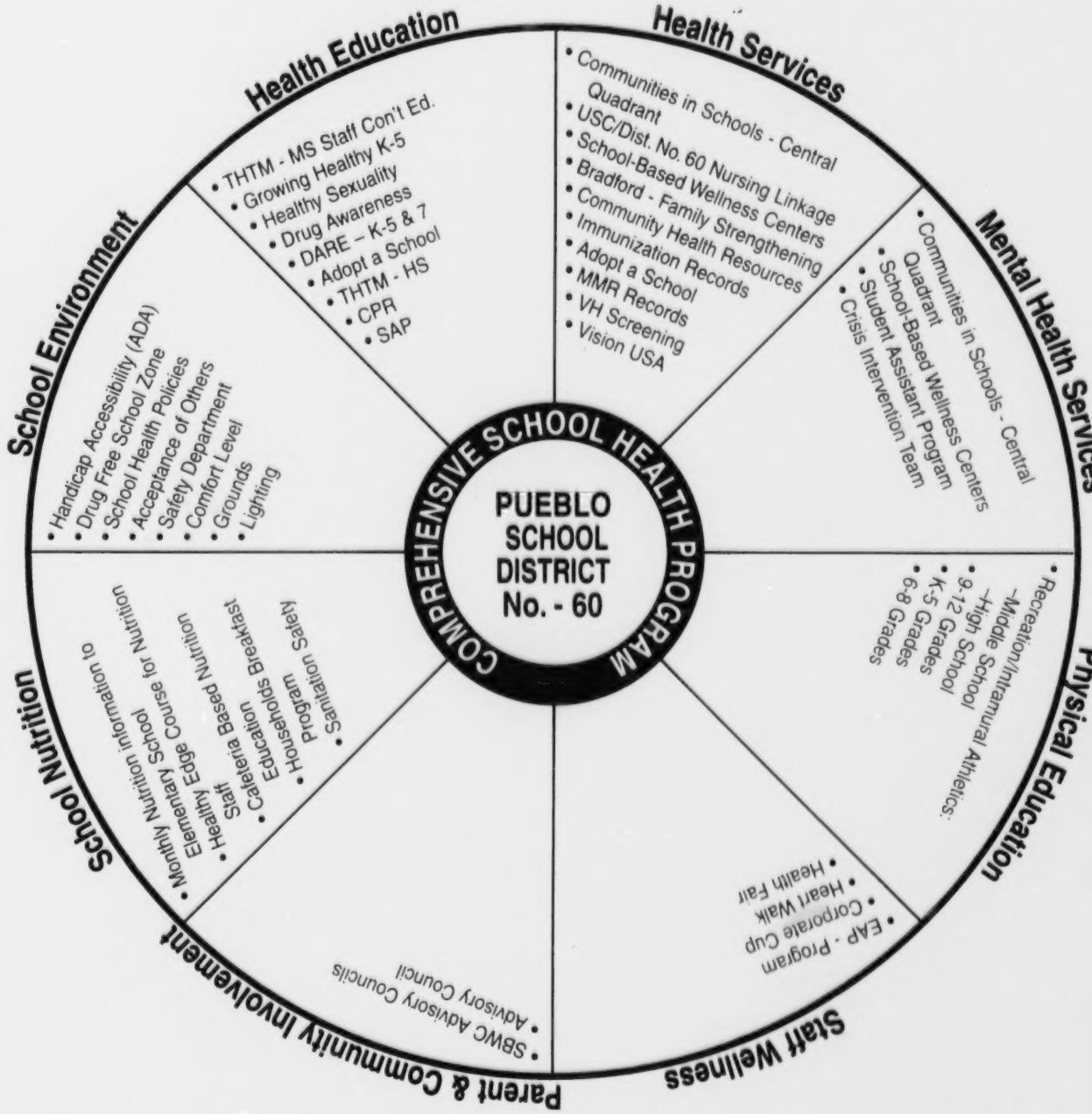

COMPREHENSIVE SCHOOL HEALTH PROGRAM
PUEBLO # 60 RISLEY MIDDLE SCHOOL
Health Education
• Health Dept. Brochures on Variety of Health Issues – Counseling Center
• Staff Development
• Guest Speakers
• DARE Program
• SAP
Health Services
• Alcohol & Drug Group (AA based)
• File of Student Health Problems
• Scoliosis Screening (6th grade)
• Medication Administration
• Vision/Hearing Screening
• Alcohol & Drug Classes
• Grief Loss Group
• First Aid Triage
• Health Fair
• SAP
Mental Health Services
• Parkview Mental Health/Drug/Alcohol
• Terrific Teachers Making a Difference
• Family Resource Center - Parkview
• Assessment & Referral Program
• In School Girl Scouting
• Self-Esteem Building
• Parenting Classes
• Peer Counselors
• USC Alliance
• Crisis Team
• Care Team
Physical Education
• Summer Recreation Program
• Recreation Program
• Boys/Girls Club
• Athletics
Staff Wellness
• Staff Health Fair – Blood Pressure Checking
• Weekly Staff Recreation Night
• YMCA Wellness Program
• Celebration of Success
• Staff Development
• Christmas Dinner
• Staff Field Trips
• CPR Class
Parent & Community Involvement
• Academic Letter Jackets donated by Dr. Autobee & PHEF
• Learn and Serve America Grant (Community Service)
• Family Resource Center Advisory Committee
• Comprehensive Health Advisory Committee
• Minnequa Bank Support Program
• Adult Education Program (S.E.R.)
• Pueblo Youth Services Tutoring
• Accountability Committee
• In School Girl Scouting
School Nutrition
• 6th Grade Breakfast Program
• Summer Recreation and Breakfast/Lunch Program, June 12 - July 28
School Environment
• Save the Environment Pronto
• Handicapped Accessibility
• Summer School at Risley
• Accountability Committee
• Drug Free School Zone
• Boys Life Skills Classes
• Public Library Satellite
• Odyssey of the Mind
• Field Trips - LULAC
• Staff Development
• SBSDM Team
• Math Tutoring
• Math Counts
• River Watch
• Girl Scouts
• Mecha
• N.A.L.

Highlights:

- A middle school Girl Scouts program for 6th & 7th grade girls focused on self-esteem and decision-making skills
- Collaboration with the YMCA provided one day recreation passes for students
- Collaboration with Parkview Hospital for student "shadowing" experiences for careers, and agreements to provide mental health assessments, parenting classes and a half-time school nurse for the school
- A successful Health Fair was held for students

Pueblo County - Pueblo School District 60

Focus: Student Wellness

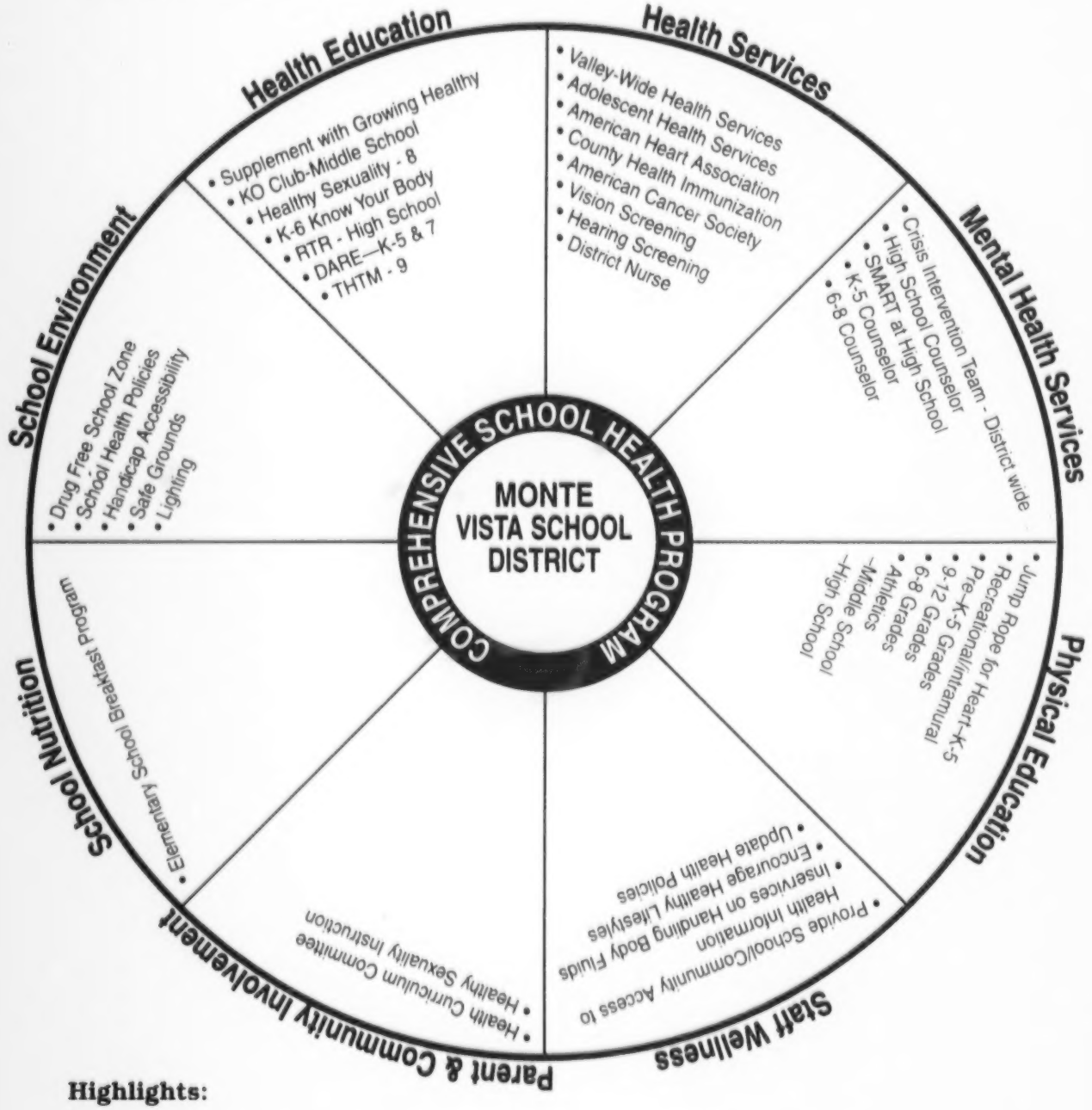


Highlights:

- Enrolled 67% of the student population in the Center
- Provided a staff position in the Wellness center at Central High School

Rio Grande County - Monte Vista School District C-8

Focus: Health Education

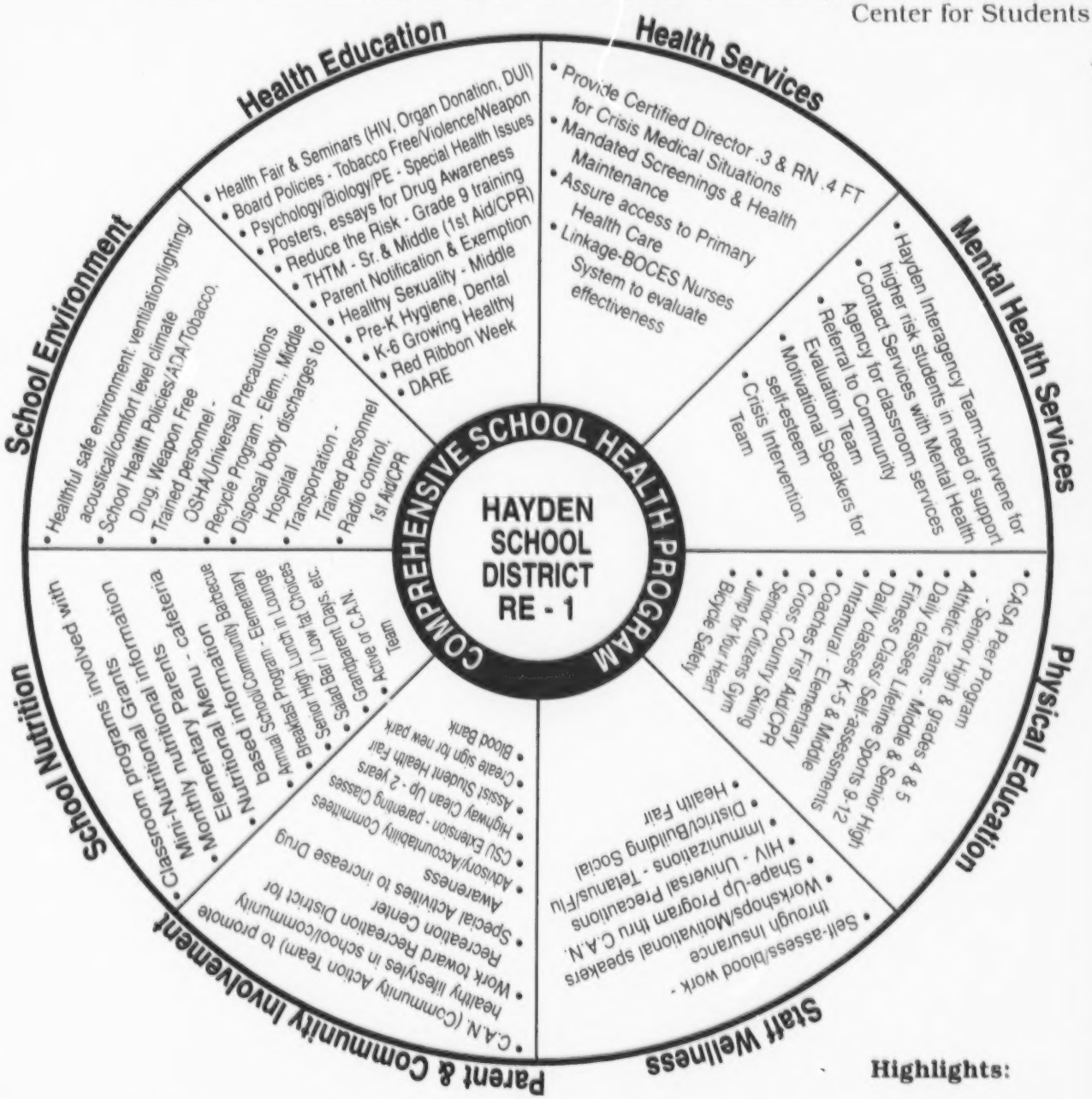


Highlights:

- Focus on health education
- Provided a part-time health education facilitator
- Reviewed and adopted "Know Your Body" curriculum for grades K-6

Routt County - Hayden School District RE-1

Focus: Counseling and Support Services and Community Goal of a Recreation Center for Students


COMPREHENSIVE SCHOOL HEALTH PROGRAM
HAYDEN SCHOOL DISTRICT RE - 1
Health Education
• Health Fair & Seminars (HIV, Organ Donation, DUI)
• Board Policies - Tobacco Free/Violence/Weapon
• Psychology/Biology/PE - Special Health Issues
• Posters, essays for Drug Awareness
• Reduce the Risk - Grade 9 training
• THTM - Sr. & Middle (1st Aid/CPR)
• Parent Notification & Exemption
• Healthy Sexuality - Middle
• Pre-K Hygiene, Dental
• K-6 Growing Healthy
• Red Ribbon Week
• DARE
Health Services
• Provide Certified Director .3 & RN .4 FT for Crisis Medical Situations
• Mandated Screenings & Health Maintenance
• Assure access to Primary Health Care
• Linkage-BOCES Nurses System to evaluate effectiveness
Mental Health Services
• Hayden Interagency Team-Intervene for higher risk students in need of support
• Contact Services with Mental Health Agency for classroom services
• Referral to Community Evaluation Team
• Motivational Speakers for self-esteem
• Crisis Intervention Team
Physical Education
• CASA Peer Program - Senior High & Grades 4 & 5
• Athletic Teams - Middle & Senior High
• Daily classes - Middle & Senior High
• Fitness classes - Middle & Senior High
• Daily classes/ Self-assessments
• Intramural - Elementary
• Coaches First Aid/CPR
• Cross Country Skiing
• Senior Citizens Gym
• Jump for Your Heart
• Bicycle Safety
Staff Wellness
• Self-assess/blood work - through insurance
• Workshops/Motivational speakers
• Shape-Up Program thru C.A.N.
• HIV - Universal Precautions
• Immunizations - Tetanus/Flu
• District/Building Social
• Health Fair
Parent & Community Involvement
• C.A.N. (Community Action Team) to promote healthy lifestyles in school/community
• Work toward Recreation District for Recreation Center
• Special Activities to increase Drug Awareness
• Advisory/Accountability Committees
• CSU Extension - parenting classes
• Highway Clean Up - 2 years
• Assist Student Health Fair
• Create sign for new park
• Blood Bank
School Nutrition
• Classroom programs involved with Mini-Nutritional Grants
• Monthly nutritional information
• Parents - cafeteria Elementary Menu
• Nutritional Information Barbecue based School/Community Elementary
• Annual School/Program - Elementary
• Breakfast Program in Lounge
• Senior High Lunch in Lounge
• Salad Bar / Low fat Choices
• Grandparent Days- etc.
• Active or C.A.N. Team
School Environment
• Healthful safe environment: ventilation/lighting/ acoustical/comfort level climate
• School Health Policies/A.O.D.A/Tobacco, Drug, Weapon Free
• Trained personnel - OSHA/Universal Precautions
• Recycle Program - Elem., Middle
• Disposal body discharges to Hospital
• Transportation - Trained personnel
• Radio control, 1st Aid/CPR

Highlights:

- Channel 9 Student Health Fair
- New senior high lounge and noontime lunch programs
- Sessions on self esteem, HIV/AIDS, parenting, drinking and driving and organ donation

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San Luis 26 JT & Alamosa School District RE-11J/Valleywide

Focus: Connecting health and education services

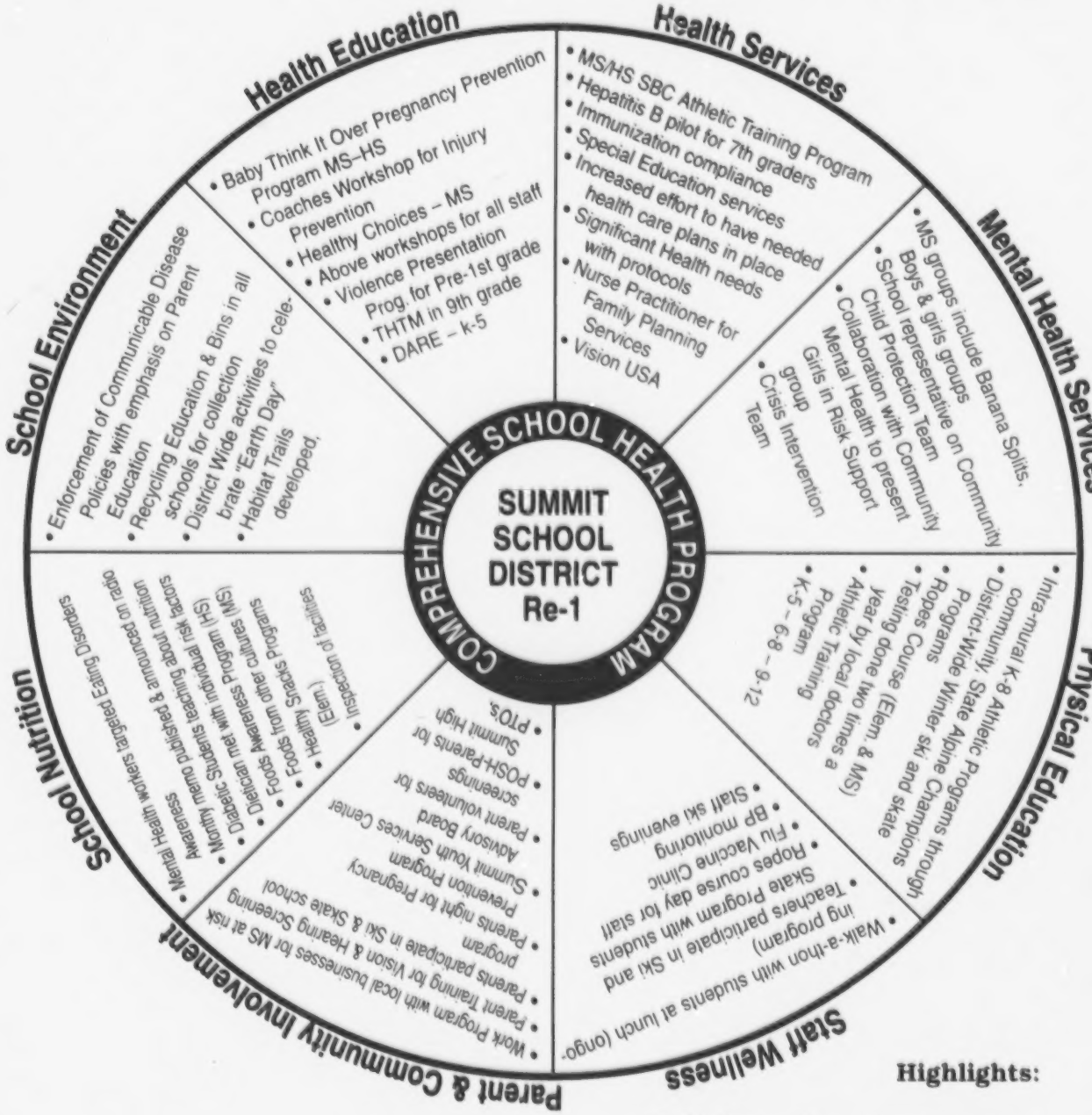
Health Education
• 9th Grade - 9 weeks of THTM through P.E.
• .5 FTE Health Educator Grades 6-12
• One-on-one group classroom/SBHC
• .4 FTE Health Educator
• K-6 Know Your Body
• 6-8 Healthy Sexuality
Health Services
• .5 Physicians Assistant K-12/SBHC
• 1.0 FTE Substance Abuse Counselor/SBHC
• 9-12 School Based Health Center
• .10 FTE Educational Counselor Grades 7-12/Talent Search
• .25 FTE Substance Counselor/SBHC
Mental Health Services
• Mental Health Counselor/School Based Health Center — Grades 9-12
• 1.0 FTE Mental Health Counselor K-12/SBHC
Physical Education
• Grades K-12
• Intramural Athletics: Grades 6-12
Staff Wellness
• Rocky Road Challenge Walk Program
Parent & Community Involvement
• Accountability Committees at each Building level
• District Accountability Committee
• Comprehensive Health Education Advisory Council
• SBHC Advisory Council
School Nutrition
• School Breakfast Program
• Polston Primary School Pre-K-1
School Environment
• Drug Free School Zone
• Handicap accessible (ADA)
• Drug Free School Zone
• Handicap Accessibility (ADA)
COMPREHENSIVE SCHOOL HEALTH PROGRAM
ALAMOSA RE 11 - J & SAN LUIS SCHOOL DISTRICT 26 JT, VALLEY WIDE

Highlights:

- Community forums
- Valleywide collaboration
- Parent education meeting

Summit County - Summit Youth Services Center

Focus: Prevention Programs for At-Risk Students

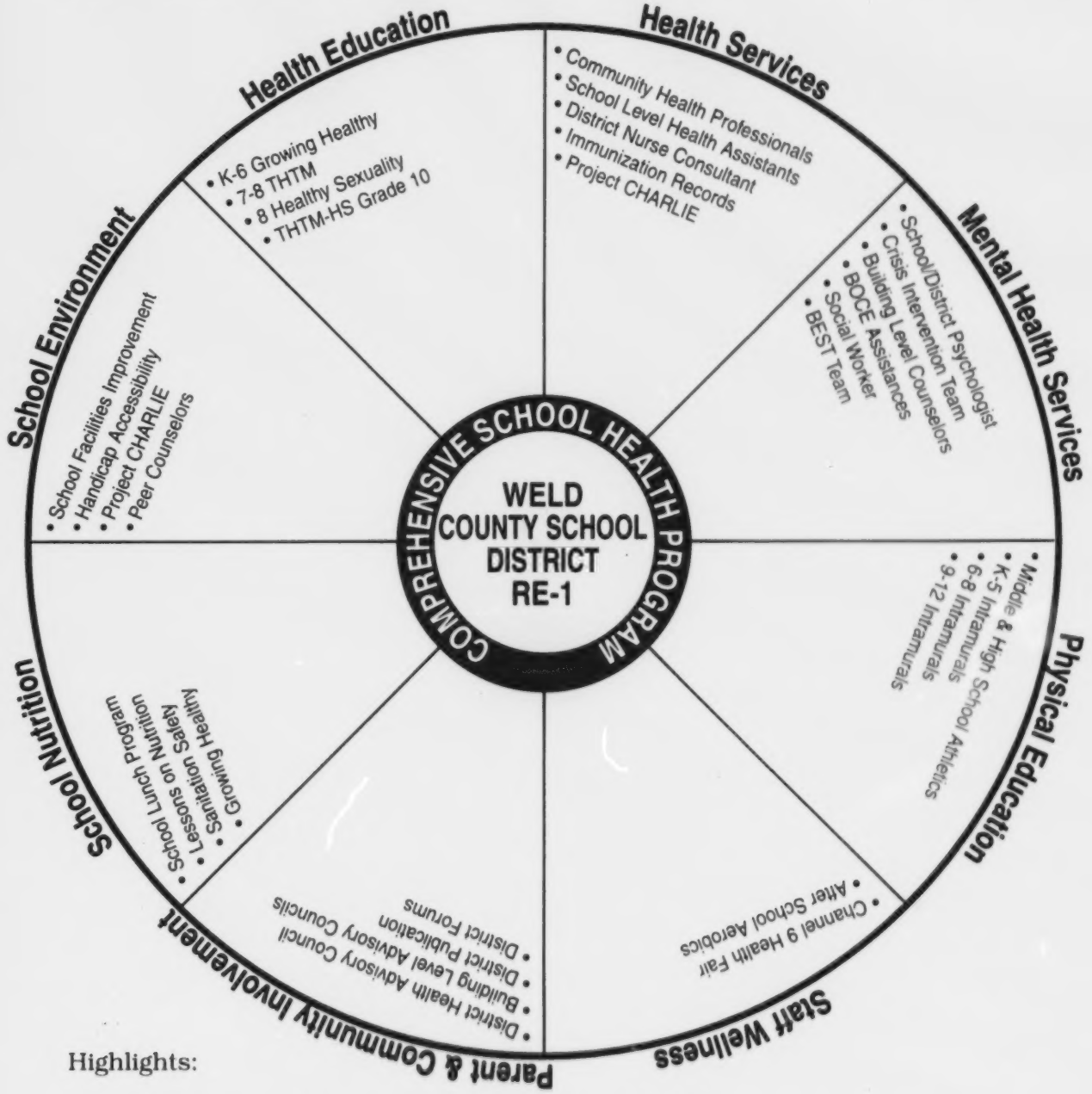

COMPREHENSIVE SCHOOL HEALTH PROGRAM
SUMMIT SCHOOL DISTRICT Re-1
Health Education
• Baby Think It Over Pregnancy Prevention Program MS–HS
• Coaches Workshop for Injury Prevention
• Healthy Choices – MS
• Above workshops for all staff
• Violence Presentation Prog. for Pre-1st grade
• THTM in 9th grade
• DARE – k-5
Health Services
• MS/HS SBC Athletic Training Program
• Hepatitis B pilot for 7th graders
• Immunization compliance
• Special Education services
• Increased effort to have needed health care plans in place
• Significant Health needs with protocols
• Nurse Practitioner for Family Planning Services
• Vision USA
Mental Health Services
• MS groups include Banana Splits, Boys & girls groups
• School representative on Community Child Protection Team
• Collaboration with Community Mental Health to present Girls in Risk Support group
• Crisis Intervention Team
Physical Education
• Intra-mural K-8 Athletic Programs through community, State Alpine Championships
• District-Wide Winter ski and skate Programs
• Ropes Course (Elem & MS)
• Testing done two times a year by local doctors
• Athletic Training Program
• K-5 – 6-8 – 9-12
Staff Wellness
• Walk-a-thon with students at lunch (ongoing program)
• Teachers participate in Ski and Skate Program with students
• Ropes course day for staff
• Flu Vaccine Clinic
• BP monitoring
• Staff ski evenings
Parent & Community Involvement
• Work Program with local businesses for MS at risk
• Parent Training for Vision & Hearing Screening
• Parents participate in Ski & Skate school program
• Parents night for Pregnancy Prevention Program
• Summit Youth Services Center Advisory Board
• Parent volunteers for screenings
• POSH-Parents for Summit High
• PTO's
School Nutrition
• Inspection of facilities (Elem.)
• Healthy Snacks Programs
• Foods from other cultures
• Dietician met with Program (MS)
• Diabetic Students teaching about nutrition (HS)
• Monthly Memo published & announced on radio
• Mental Health workers targeted Eating Disorders Awareness
School Environment
• Enforcement of Communicable Disease Policies with emphasis on Parent Education
• Recycling Education & Bins in all schools for collection
• District Wide activities to celebrate "Earth Day"
• Habitat Trails developed.

Highlights:

- Violence Prevention program
- Career exploration for at-risk students
- Community mental health support groups for high risk students
- Teen Pregnancy Prevention project for parents, students, and staff by Dr. Tim Theis

Weld County - Weld School District RE-1

Focus: Professional development for staff

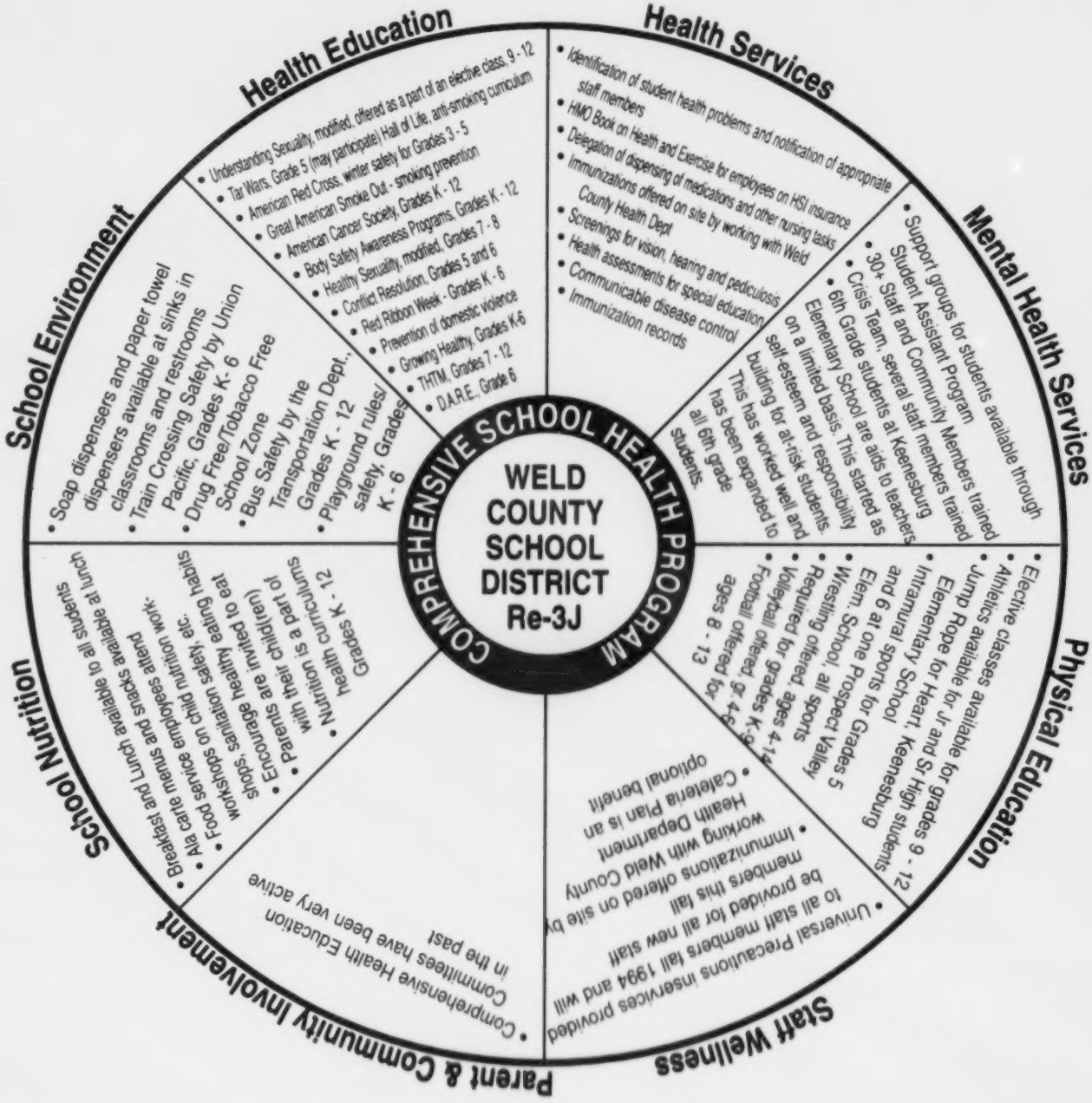


Highlights:

- Physical education teachers were released from classtime to write standards
- The District Accountability Committee served as the Health Advisory Committee
- Health education standards are incorporated into district standards for science, physical education and language arts
- Classroom teachers in grades 2, 3 and 10 and all new elementary teachers were trained in the district curriculum
- Gang awareness was provided for the entire district and a task force was created to be proactive in dealing with gangs and related issues

Weld County - Weld School District RE-3J

Focus: Teacher training

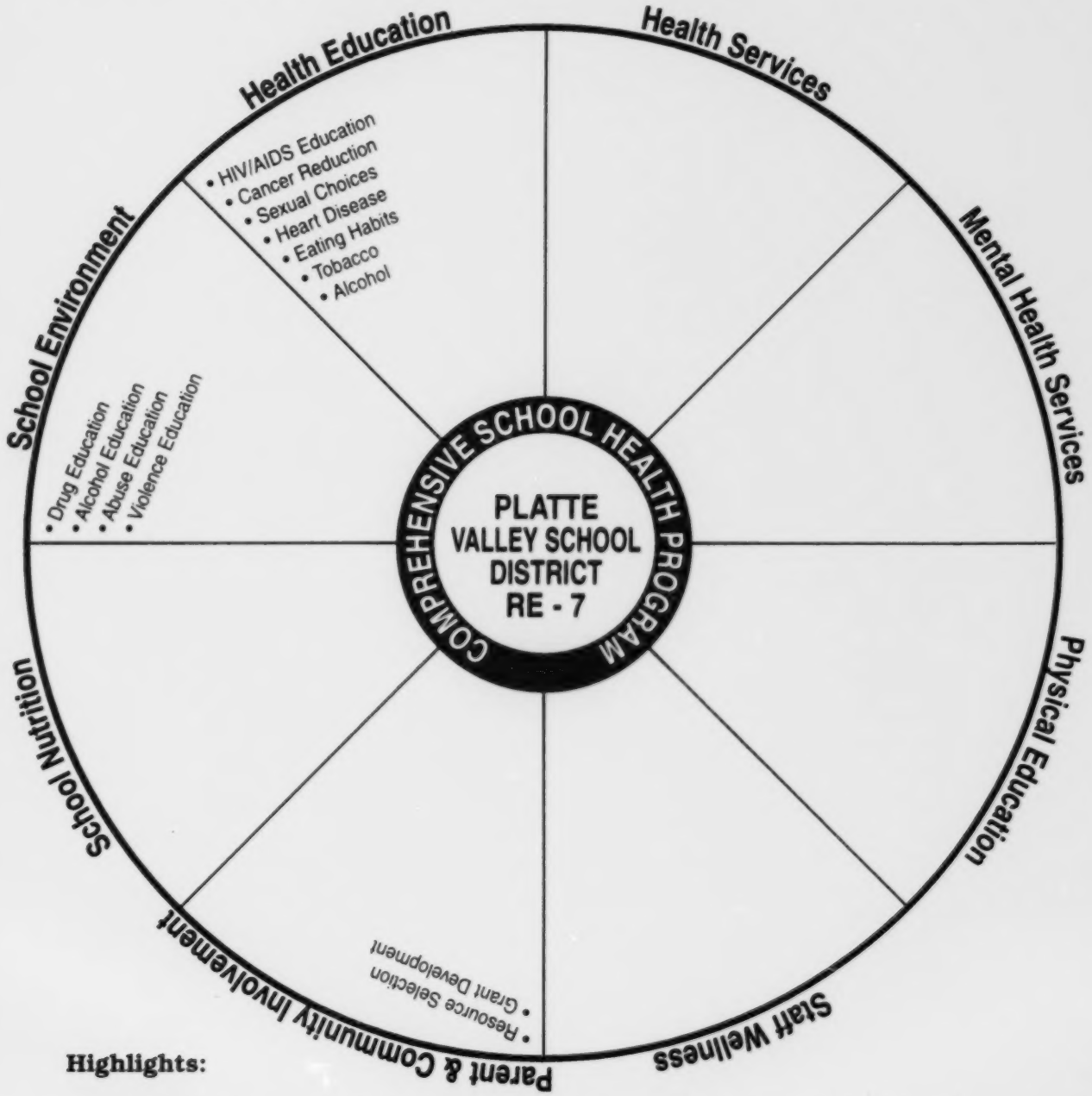

COMPREHENSIVE SCHOOL HEALTH PROGRAM
WELD COUNTY SCHOOL DISTRICT Re-3J
Health Education
• Understanding Sexuality, modified, offered as a part of an elective class, 9 - 12
• Tar Wars, Grade 5 (may participate) Hall of Life, anti-smoking curriculum
• American Red Cross, winter safety for Grades 3 - 5
• Great American Smoke Out - smoking prevention
• American Cancer Society, Grades K - 12
• Body Safety Awareness Programs, Grades K - 12
• Healthy Sexuality, modified, Grades 7 - 8
• Conflict Resolution, Grades 5 and 6
• Red Ribbon Week - Grades K - 6
• Prevention of domestic violence
• Growing Healthy, Grades K-6
• THTM, Grades 7 - 12
• D.A.R.E., Grade 6
Health Services
• Identification of student health problems and notification of appropriate staff members
• HMO Book on Health and Exercise for employees on HSI insurance
• Delegation of dispensing of medications and other nursing tasks
• Immunizations offered on site by working with Weld County Health Dept
• Screenings for vision, hearing and pediculosis
• Health assessments for special education
• Communicable disease control
• Immunization records
Mental Health Services
• Support groups for students available through Student Assistant Program
• 30+ Staff and Community Members trained
• Crisis Team, several staff members trained
• 6th Grade students at Keenesburg Elementary School are aids to teachers on a limited basis. This started as self-esteem and responsibility building for at-risk students. This has worked well and has been expanded to all 6th grade students.
Physical Education
• Elective classes available
• Athletics available for Jr and Sr High students
• Jump Rope for Heart, Keenesburg Elementary School
• Intramural sports for Grades 5 and 6 at one Prospect Valley Elem. School, all sports
• Wrestling offered ages 4-14
• Required for grades K-6
• Volleyball offered gr. 4-6
• Football offered for ages 8 - 13
Staff Wellness
• Universal Precautions inservices provided to all staff members fall 1994 and will be provided for all new staff members this fall
• Immunizations offered on site by working with Weld County Health Department
• Cafeteria Plan is an optional benefit
Parent & Community Involvement
• Comprehensive Health Education Committees have been very active in the past
School Nutrition
• Breakfast and Lunch available to all students
• Ala carte menus and snacks available during
• Food service employees attend workshops on child safety, etc.
• Encourage healthy eating habits
• Parents are invited to eat with their child(ren)
• Nutrition is a part of Health curriculums Grades K - 12
School Environment
• Soap dispensers and paper towel dispensers available at sinks in classrooms and restrooms
• Train Crossing Safety by Union Pacific, Grades K- 6
• Drug Free/Tobacco Free School Zone
• Bus Safety by the Transportation Dept., Grades K - 12
• Playground rules/safety, Grades K - 6

Highlights:

- Updated elementary "Growing Healthy" kits
- Updated teacher training on violence prevention

Weld County - Platte Valley School District RE-7

Focus: Health Education and Prevention of Risk Behavior



Highlights:

- Collaboration between K-12 health educators with community advisory groups for Safe and Drug-Free Schools and "Say Yes First"
- Health curriculum was evaluated for needed resources in violence and abuse prevention, nutrition education, NIV/AIDS education and tobacco, alcohol and other drug prevention

1994-95 STATE CONNECTIONS

- Provided an orientation to Comprehensive Health Education and the legislation to representatives of 20 school districts
- Department of Education handled over 1200 phone calls for technical assistance
- Provided training for over 100 Consumer and Family Studies teachers in the "Never Shake a Baby" program
- Provided professional development for 60 local health advisory council members in "Facilitating Team Development" strategies
- Collaborated with the Department of Public Health and Environment and the American Cancer Society to conduct a statewide Summit for 100 persons to design a framework for Comprehensive School Health Programs
- Began to design a state plan to further parent involvement with parents from pilot programs
- Initiated planning to identify successful models addressing the needs of teen fathers

BARRIERS: MISSING LINKS

The programs identified four limitations to the successful implementation of their goals:

- lack of instruction time for health topics
- lack of teacher training in current health issues
- meaningful roles for parent and community involvement
- funding for staff positions and program cost

RESULTS: SOLID CONNECTIONS

The funded programs report SUCCESS:

- every program has a local advisory committee
- health education is present in all programs
- health programs increase health knowledge but also show positive effects in:
  - increased attendance
  - lower suspension rates
  - lower violence reports

Programs report:

- better student attendance
- fewer discipline referrals
- less violence
- more student awareness of the importance of health
- tobacco-free campuses
- more teachers prepared to teach health topics
- more parents and community involvement
- more health services

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